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Nutrition F

WINSTON NAT. L #123
SELF 10/97

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Tastes great! More fillings! Those popular sports drinks chugged by many an athlete may be acidic enough to cause cavities, according to research done at the University of Liverpool. Save yourself time under the drill by chilling the drinks (to slow the chemical reaction responsible for the damage) and not swishing them around in your mouth. Or sip them through a straw instead of guzzling them from the bottle.

Don't go against the grain As a nation, we consume about half as much fiber as we really need (25 to 30 grams a day), reports the American Heart Association. Besides filling us up and keeping us regular, fiber can also lower blood cholesterol and help prevent heart disease and stroke. It's not that hard to get your daily allotment: For example, simply eat a half cup of bran cereal, a pear and a half cup of pinto beans.

The experts have fat days, too Nutrition know-it-alls may have the same skewed perceptions about their weight that we do. In a survey of more than 500 dieticians by researchers at the University of Vermont, two thirds of those who labeled themselves overweight actually weren't, according to their Body Mass Indexes.

Betrayed by a Nilla Wafer There's an insidious fat lurking in your Tater Tots: *trans* fatty acids, which are created when oils are partially hydrogenated. A study from Brandeis University claims that trans fats, found in margarine and a bajillion snack foods, might be worse for your cholesterol level than saturated fats. Their advice: Scan those labels for the words "partially hydrogenated," and go easy on the processed foods.

Could burnt sienna broccoli be far behind? Too bad Bugs and his bunny rabbit cohorts are color-blind, because new yellow, purple, white and dark-orange carrots may be headed to the produce aisle in the next three years. Developed by the USDA's Agriculture Research Service Vegetable Crops Research Lab in Madison, Wisconsin, the carrots are sweeter and crunchier and can also pack more health-promoting antioxidants.

A kinder, gentler chicken Just because your chicken is labeled "free range" doesn't mean it has spent time at Club Med for Poultry. All it means is that the bird could scratch around in the open air instead of being cooped up indoors in a tiny cage, the way most poultry is raised. Advises the Humane Society of the U.S.: Go to your health food store and ask where its free-range chickens come from and about methods of operation.

Dial-a-dietician The next time you're wondering if that four-day-old lamb chop is still safe for human consumption, call the American Institute for Cancer Research's toll-free Nutrition Hotline at 800-843-8114. Registered dieticians can answer questions about food safety and nutrition weekdays between 9 A.M. and 5 P.M. (EST).

PHOTOGRAPHS: LEFT, THOMAS C. CARD; RIGHT, CLOCKWISE FROM TOP, VANDYSTADT/ALLSPORT; J. SQUIER/ALLSPORT; VANDYSTADT/ALLSPORT; AND PENELLA/MAUPIN.

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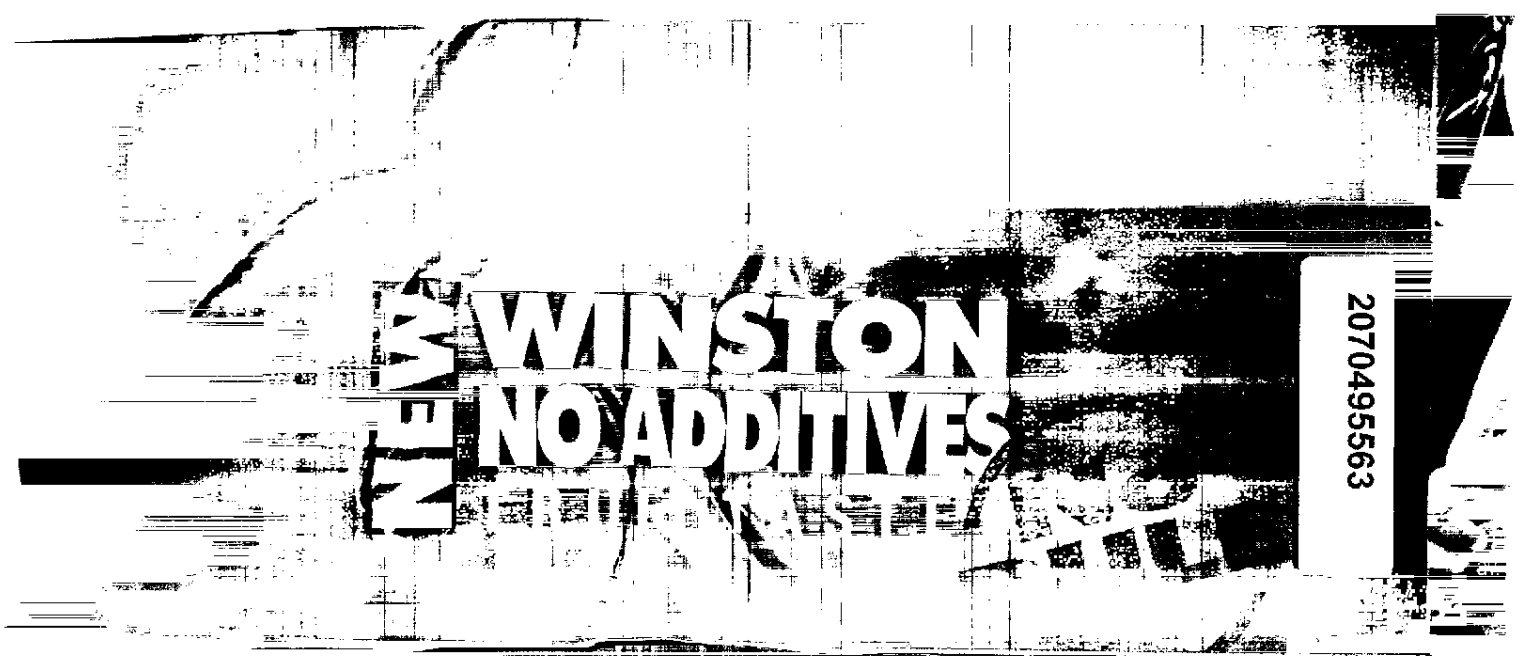
SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

"My patience is gone,

and so are the additives in my smokes."



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